

Racewalking Fun!

Alex and Maria Discover
Racewalking



by
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Illustrations
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DEDICATION

This book is dedicated to a visionary, Elaine Ward of Pasadena, California, who has devoted her life to assisting young athletes to become the future of racewalking in North America. A prolific writer, a producer of books and videos on racewalking, and a great athlete in her own right, Elaine Ward has played a significant role in helping former elementary school racewalkers earn their way to the Olympic Trials and to the Olympics.

This book is further dedicated to Diane Graham-Henry of Chicago, IL, Jeff Salvage of Medford, NJ, Tim Seaman of Chula Vista, CA, and AC Jaime of Pharr, TX, all of whom contributed in so many ways to the work started by Elaine Ward and now supported by their selfless efforts. Diane is a dynamo whose editorial expertise is legion and who is an athlete, a coach, and a number one fan and supporter of NARI. Jeff is a whirling-dervish who combs the globe in support of world-class photographic racewalking research and education. Tim Seaman has been there and done that in racewalking, and as a two-time Olympian, continues to share his coaching and training expertise with the world. Diane, Jeff, and Tim contributed significantly to the development of this revised edition. AC brought a new athletic paradigm to tens of thousands of grade school children in south Texas, and is spreading that paradigm across the United States with the help of USATF.

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“Today, we’re going to learn something new for P.E.,” Miss Henderson announced to her class at Mallet School. “We’re going to learn to racewalk.”



“What a silly idea,” Alex whispered to Maria.

“Yeah, why walk when it’s easier and faster to run a race?” Maria said.



“Now remember, so we don’t hurt our muscles,” Miss Henderson said, “we need to loosen our joints.”

“As a pre-warmup, we need our ankles, knees, hips, wrists, elbows, shoulders, and neck ready to move before we get our bodies warmed up to racewalk,” she explained.



“That doesn’t sound very hard,” Maria said.

“I think it sounds silly,” Alex said.





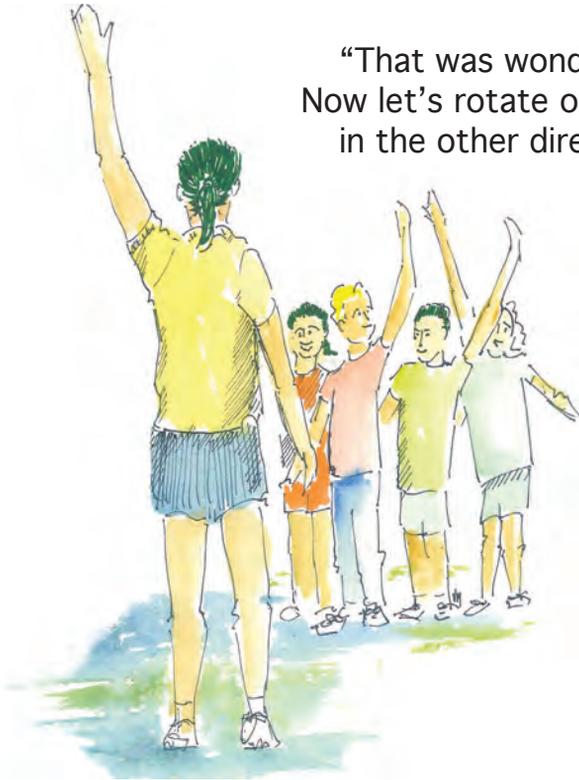
“Look. Now they’re jogging,” Maria said. “That looks like fun. Let’s try it.”

“Oh, okay,” Alex said with a shrug.

“Let’s have some fun!” Miss Henderson said. “Get in lines and follow me. I’ll show you the backward windmill warmup drill to become more flexible.”



“That was wonderful. Now let’s rotate our arms in the other direction.”





“These next drills are great for race-walkers. They’re fun, too!”



Miss Henderson showed the class quick steps, straight arm, bend down hamstring, and rock-the-baby.

“Hey, that was pretty cool,” Alex said.

“Yeah,” Maria replied. “But will racewalking be as fun?”

“Well, I don’t think I’m going to like doing it,” Alex said.



“Me neither,” Maria added.



“After our drills we can stretch areas of our body which are tight,” explained Miss Henderson.

“Remember, it is also good to stretch after you racewalk. We need to be flexible for this sport.”



“Let’s learn the different parts of racewalking,” said Miss Henderson. “Now stand tall and straight. Brush your hips with your hands as you swing your arms forward and back.”



“Swing your arms from behind your hips to the center of your chest. Try not to swing them up in the air too far, or from side to side.”



“Very good, class!”
Miss Henderson exclaimed.
“Now, as you move your
arms, shift your weight
from leg to leg.”

“Can you feel your hips
moving?” Miss Henderson
asked.

“Yes!” the class yelled.
“Excellent! Now it is
time to racewalk,” Miss
Henderson said.



“Remember to
walk with your
shoulders relaxed
and your hands
brushing your hips.”
Miss Henderson
walked slowly in a
circle around
the class to show
the proper form.

“Like other track and field events, racewalking has competition rules,” Miss Henderson said.
“Can you figure out what the two most important rules are?”



“Don’t fall asleep while walking so slowly,” Alex said.
The class laughed.



“Nice try, Alex,” Miss Henderson said. “But you made an important point.”

“I did?” Alex scratched his head.

“Yes,” Miss Henderson said. “At first you have to walk slow to learn the technique. Once you learn it, you can go as fast as you can.”

“You mean go slowly to learn how to do something quickly?” Alex asked with a smirk.



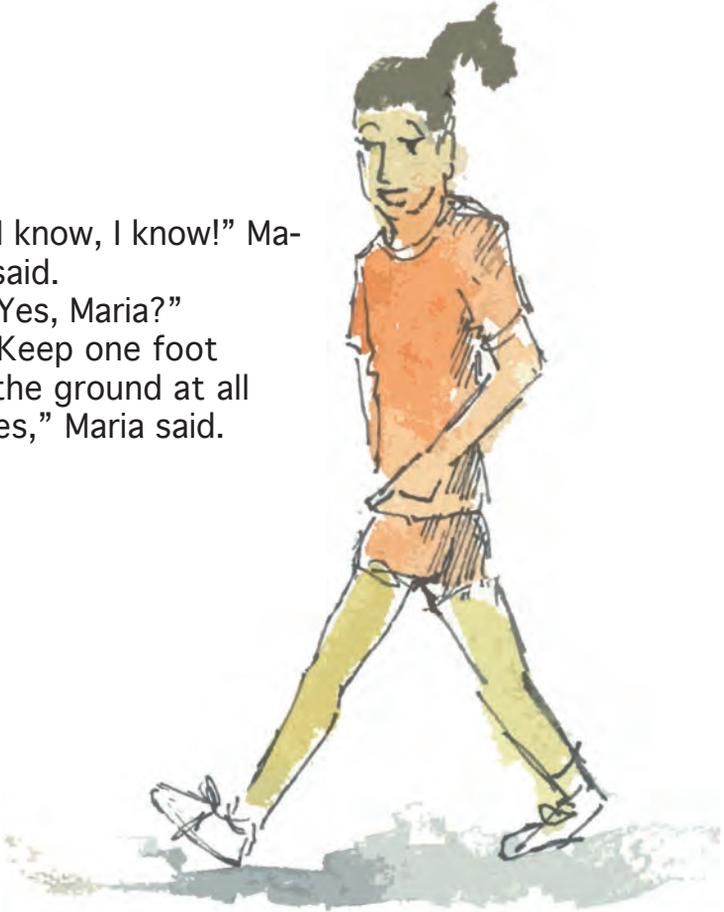
Miss Henderson smiled at Alex. “Exactly.”

“We know we have to walk slowly in the beginning to learn the correct technique. What else do we have to do when we racewalk?”

“I know, I know!” Maria said.

“Yes, Maria?”

“Keep one foot on the ground at all times,” Maria said.



“Is Maria right?” Miss Henderson asked the class.

“Yes!” the class responded.

“Good job, Maria,” Miss Henderson said.

“And what’s the other rule?” Miss Henderson asked.

Alex waved his hand.

“Okay, Alex,” Miss Henderson replied.



“The front leg is straightened and it doesn’t bend until the other leg swings forward,” Alex said.

“Wow. How did you know that?” Miss Henderson asked.

“I just watched you,” Alex said.



“You landed on your heel with the leg straightened and you kept it that way until it was right under your body,” he said as he showed her.

“Then you bent the leg so it could come forward again,” he added.

“That is absolutely correct, Alex,” Miss Henderson said.



“Now it’s time to practice racewalking,” Miss Henderson said.



“Let’s get in front this time,” Alex said.

“Yeah!”
Maria said.



“Remember to swing your arms forward and back,” Miss Henderson said. “Keep your front leg straightened and make sure one foot stays on the ground.”



“Let’s racewalk!” she said.



“This is fun,” Maria said.
“It’s not silly at all,” Alex said. “Why run
when you can walk almost as fast?”

Ready to Racewalk?

Let's start with some special racewalk warmup drills.

What do drills do for us? They warm up the body. The drills get the blood flowing, warm up the muscles, and increase range of motion. Repeated practice of the drills prevents injuries and improves racewalking technique.

The purpose of each drill is to increase the range of motion or warm up a specific area of the body. After properly warming up, using the drills, stretch any problem areas. Warmed up and stretched, you are ready to racewalk. Once finished walking, you must stretch well.

Keep in mind that young people learning to racewalk won't have the greatest range of motion and they will take some time to be able to do it correctly. Give them time, they will perform the drills more appropriately, and become more adept at racewalking.

Let's get started.

Backward Windmill



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

When the body is cold, this drill is a great way to get blood pumping to all extremities quickly. In addition, it helps to relax and stretch the upper body (specifically targeting the shoulders), leading to a more fluid arm motion.

In the *Backward Windmill* drill Jonathan's arms are not as controlled as Tim Seaman's, which are illustrated on the next page. Tim Seaman, a two-time Olympic racewalker, has more developed coordination. Over time Jonathan will be more like Tim.



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11



Figure 12

While walking forward with proper lower leg motion of racewalking:

- A. Start with one arm at your side and the other pointed straight up to the sky.
- B. Swing the arm at your side up and forward at the same time as you swing the pointed arm backward and down.
- C. Allow both arms to make circles, keeping your arm close to the side of your head as you swing it back.
- D. Perform this drill for 30 meters.

Quick Steps



Figure 13

Desiree is performing the *Quick Steps* drill which helps increase speed, turnover rate, and reduce overstriding. In addition, as she places her hands out from her sides, her hips are forced to move without the aid of her arms pumping forward and back, thus helping her develop better hip rotation.



Figure 14

A. Racewalk with normal leg technique, but place your hands out to the sides of your body and walk with very short quick strides (12 inches or less).

B. Focus on quieting your shoulders and torso.

C. Focus on turnover, forcing your feet to pick up and come down very quickly.

D. Focus on planting your foot with the heel, landing with your toe up, leg straightened, and rolling through smoothly.



Figure 15

Rock the Baby



Figure 16

This is a fun drill kids enjoy doing. It looks like Kenya is rocking an invisible baby while she is walking.



Figure 17

This drill accentuates the forward hip rotation by racewalking in a straight line (a track is an easy location). By holding the hands like you are rocking a baby from side to side, the hips drive forward.

Long Strides - Long Arms



Figure 18

Like *Rock the Baby*, this drill helps with hip rotation and range of motion. Kenya is also performing this drill.



Figure 19

Beginning walkers have a difficult time understanding the hip rotation. The *Long Strides-Long Arms* drill helps the walker exaggerate the hips forward with each stride. Keeping both arms straight and hands flat with palms back, racewalk with an exaggerated stride by driving the hips forward. The hand in front should be about shoulder height.

Bend Down Hamstring



Figure 20



Figure 21



Figure 22

This drill is a great way to achieve a better range of motion of your hamstring while warming them up before racewalking. Itzel is performing this one well.

- A. Standing straight up, place one extended leg six inches in front of your body with the toes pointed up.
- B. Bend over slowly and, without bending the knee of your extended leg, reach to touch your toes. If you are flexible, try reaching beyond your toes.
- C. Walk forward, alternating legs.
- D. To relieve the stress on your back, make sure your buttocks are behind your rear foot while touching your toes.
- E. Perform this exercise for 30 meters.

The young athletes in these drills are members of the South Texas Walking Club. They are named Turtles....and this is not an indication of their speed.

Breaking Down Racewalking Technique

There are two technical rules in racewalking. In simple terms, to be legal, a racewalker must:

1. maintain contact with the ground at all times as seen by the human eye, and
2. keep the knee of the supporting leg straightened from the moment of foot contact with the ground until the leg passes under the body.

The following pictures with descriptive captions demonstrate proper racewalking technique as seen from the side and front.

Observe Morgan on the following pages. She is a competitive racewalker from central Maine in the summer USATF Junior Olympics program. Each picture emphasizes proper placement of feet, legs, hips, arms, and general body configuration. The pictures, when viewed from start to finish, takes the students through one complete cycle of walking.



Morgan's left foot strikes the ground (heel strike) as her knee straightens and her rear foot breaks contact with the ground (lift off). Her arms are bent at roughly 90 degrees. Her forward hand reaches chest high and her rear hand is behind her left hip.



Morgan's left leg remains straightened as her right hip carries her right leg forward. Morgan is careful to keep her right foot close to the ground.



Morgan is in mid single-support position on her left leg. Her body maintains a vertical position. Her right foot is about to swing underneath her right hip which is moving forward as her right arm moves back. Her right foot continues to stay very close to the ground.



Morgan's right hip is driving her right leg forward with her right foot close to the ground while her right arm swings back behind her hip. Her left leg is not required to remain straightened after passing vertical, but is a sign she is a strong walker.



Morgan approaches the double-support position as her left leg stays straightened while her left heel begins to lift off the ground. Note the forward rotation of her right hip as well as how close her forward foot is to the ground.



Morgan is almost at double-support. Her right heel is about to strike and her left leg begins to bend as she rolls onto the ball of her left foot. Note the forward rotation of her right hip and placement of her right hand behind her hip.



Morgan's right heel strikes the ground as her left knee straightens while in the double-support position. Her arms are bent at roughly 90 degrees. Her forward hand reaches chest high and her rear hand is behind her right hip.



Morgan's right leg remains straightened as her left hip carries her left leg forward. Morgan is careful to keep her left foot close to the ground.



Morgan's right leg remains straightened as her left hip carries her left leg forward, and her left foot stays close to the ground.



Morgan is in mid single-support position on her right leg. Her body remains in the vertical position. Her left leg swings underneath her left hip which is moving forward as her left arm moves back. Her left foot stays very close to the ground.



Morgan's left hip is driving her left leg forward close to the ground while her left arm swings backward. Her right leg is not required to remain straightened after passing vertical.



Morgan is now at double-support position as her left heel strikes and her right leg bends during toe off. Note the forward rotation of her left hip and her left hand behind her hip. She completes her stride.

The following pictures with descriptive captions demonstrate proper racewalking technique as seen from the front.

Angelo, from the Chicago, Illinois, area is a competitive racewalker in the summer USATF Junior Olympics program. His demonstration shows proper technique as viewed from the front.



Angelo demonstrates proper foot placement as his left foot strikes the ground directly in front of his right foot. His shoulders are level and his right hand swings to a position that is chest high and in the center of his body.



At mid-stance, Angelo's left leg remains straightened causing his left hip to rise slightly and his right hip to drop slightly. This causes a slight drop in his left shoulder. Note how close his right foot is to the ground.

Racewalking Quiz

After viewing technique demonstrations from Morgan and Angelo, the students will be presented with a quiz to test their understanding of proper racewalk technique. The students will be encouraged to use the terminology seen in the story of Alex and Maria as well as in the description of Morgan's and Angelo's technique to describe each picture of Sarah, who is from the central Maine area and is also a competitive racewalker in the USATF summer junior Olympic program.



Please describe the technique demonstrated by Sarah in this picture. Comment upon her feet, legs, hips, shoulders, and general body position.



Please describe the technique demonstrated by Sarah in this picture. Comment upon her feet, legs, hips, shoulders, and general body position.



Please describe the technique demonstrated by Sarah in this picture. Comment upon her feet, legs, hips, shoulders, and general body position.



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Please describe the technique demonstrated by Sarah in this picture. Comment upon her feet, legs, hips, shoulders, and general body position.

Training Youth Racewalking

The first lesson, and the number one goal in youth sports, is to be able to smile and laugh before, during, and after each training session. Youngsters should not be just pounding out mile after mile. Coaches must make participating in racewalking fun and allow them an opportunity to be kids. Childhood years are about being carefree while still learning the rules of life. Certainly some of the workouts are hard, but enjoying the workout keeps it from becoming too difficult. The goal is to teach younger racewalkers they can work hard and succeed while still enjoying themselves.

Another significant lesson is the importance of teaching proper technique. Learning to racewalk legally, despite the temptation to run or to bend the knees prematurely, teaches self-discipline. If children learn bad habits by trying to walk faster than their technique allows at a young age, they form a faulty technical base that becomes hard to break later. Disciplining oneself to observe the rules of racewalking pays huge dividends later, both on the track and in the classroom. Thus teach good technique first and focus on becoming faster afterward. One reason the South Texas Walking Club, the Maine Racewalkers Club, the Santa Cruz Track Club, and the Elgin Sharks Track Club have had a huge success is the time they spend on technique drills.

Stretching is also extremely important in preventing injuries and should be part of every cool down. You can find many stretches and technique drills appropriate for youths in *Race Walk Clinic – in a Book* or online at www.racewalk.com; some of the most important ones were previously explained in the story.

While traditional training schedules are as long as 10 months, youth schedules must be much shorter as the youth athletes cannot stay focused for that long and should not be pushed to make racewalking their sole focus. Rather, they should be encouraged to participate in as many sports as possible so they can develop the coordination required of a great all-around athlete. Single-focus athletic programs leave kids tired, burned out, and looking for something else to do.

Don't treat them as if they are pros; keep the training fun and interactive so that they are more likely to enjoy practice and continue training into their teenage years. No one has ever made an Olympic Track and Field Team as an 8-year-old; racewalking needs to be exciting for them.

Here are some ideas for games to keep younger kids laughing as they train. Caution: always have the kids warm up properly first.

Duck Duck Goose - Younger kids love this classic game, so make it a way for kids to have fun and walk fast at the same time. The rules of the game are the same as in the traditional version, except that when the person is making their way around the circle saying "duck, duck, duck, GOOSE!" they, along with the person who gets "goosed" must racewalk around the circle. To make it fairer for the person getting up, and also to force the kids to racewalk a little longer, we have the kids do two laps around the circle.

Freeze Tag – Again, follow the normal rules of this game, except that everyone must racewalk rather than run. It helps to keep the playing field relatively small, because otherwise it is too difficult and not much fun for the tagger. You may also want to have more than one person be "it."

The Blob – This is a variation of freeze tag. One person starts as "it" and then attempts to tag someone else. Once tagged, both kids have to hold hands with each other while racewalking around in pursuit of other people to tag. Once the group of "it's" (called a blob) reaches four, then the group can break up into pairs of two and try and catch the other kids. The bigger the group playing, the better this game works.

Kickball – Set up a small field and have everyone play traditional kickball, but instead of running the participants must racewalk to each base or to field the ball. This might sound easy, but it is very difficult to tag someone out while racewalking!

Relay Races - Most kids like to compete and competing with a team is even more fun. Therefore, do relay races of 100m or 200m instead

of traditional interval training. The kids will enjoy it more, smile more, and get more out of it because they won't notice that they are training at the same time as they are having fun.

Developing a Training Schedule

Since the USATF Junior Olympics is the largest development program, the training schedule sets the national championship meets as the peak of the season and works backward from there. A coach can always choose to extrapolate this schedule to a longer, or shorter, duration if necessary.

The youth training schedule starts about March 15, or about 20 weeks before the USATF Junior Olympic Championships. Since most youths walk only during this season, they must start with very modest training during the first few weeks. The schedule assumes the youths were active in some manner, usually in other sports.

Early in the season, it is especially important to focus on technique to avoid potential disqualifications. When an athlete gets disqualified due to bad technique, not only do they get discouraged, but so do their parents who may have spent hundreds of dollars traveling to the association or regional championships. A coach who wants to keep athletes and parents motivated must take the time to focus on good technique.

When you are looking at the schedule, please be aware that the normal amount of time the kids do each phase is much shorter than more advanced athletes. Kids typically compete in short races of 1500m to one mile. At this age a lot of high quality mileage often causes a loss of focus and interest. Some internally focused youngsters may start earlier than March and may want to do more high quality work. In either case it has to be fun and exciting or it won't work.

Types of Workouts

Contained within the following training schedules are six types of workouts. The first four are designated by Zone #1 through Zone #4. While elite race walkers use specific methods to determine how fast to walk in each zone, the choices are simplified as follows:

Zone #1: An easy pace where kids can talk and joke comfortably as they walk. These are the easy distance days.

Zone #2: A moderate pace where kids can talk, but not for an extended period of time. These are the faster distance days or longer interval days.

Zone #3: A harder pace where kids have difficulty talking. These are for longer intervals.

Zone #4: A very hard pace where kids cannot talk. These are for the shorter intervals.

A **progressive** walk is one where the athlete starts slow and continues to pick up the pace throughout the workout.

The last workout is a **fartlek** workout. It is a variation of a speed workout where the athletes warm up and then perform a series of alternating paced walks switching between a faster and slower pace. Sometimes this may be called a **rhythm** workout if there are series of fast and slow walking sequences that are repeated.

Finally, they cool down.

Phase I

The first phase for your athletes lasts just three weeks. If it lasts longer, there is a higher risk that the kids will get bored quickly and may not make it through the entire summer. The goal of this phase is to work on good technique and get the kids' bodies accustomed to racewalking. Some of the athletes have never racewalked before, and the others haven't done it since the previous season. Athletes must not do too much too soon, due to the risk of injury. The kids have probably grown a few inches since they last racewalked and their physique may have changed, so it is best to start off nice and easy and not put too much stress on their bodies. You will also notice there are two or three days off each week. Don't let the kids racewalk every day; they have had too much time off to jump immediately into daily training. Also, make sure they perform the technique drills and stretch regularly.

#	Mon	Tue	Wed	Thurs	Fri.	Sat	Sun	Total
1	2km walk Zone #1	3km walk Zone #1	Off	3km walk Zone #1	Off	4km walk Zone #1	Off	12km
2	3km walk Zone #1	3km walk Zone #1	Off	3km walk Zone #1	Off	5km walk Zone #1	Off	14km
3	3km walk Zone #1	4km walk Zone #1	Off	4km walk Zone #1	Off	5km walk Zone #1	Off	17km

Phase II

The second phase also lasts just three weeks. Here one relatively easy speed repeat or fartlek session per week is included to get the kids walking fast again. Make sure the kids are performing their technique drills correctly and stretching properly. Remind them that the first interval of a speed workout should be the slowest and that each subsequent one should get a little faster. Remember, the athletes are trying to build a solid foundation for the rest of the season, so don't let them push themselves to exhaustion at every workout.

#	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
4	3km walk Zone #1	2km w-up* Fartlek 6 x 100m/100m Zone #3 1.5km c-d*	Off	3km walk Zone #1	Off	5km walk Zone #1	3km walk Zone #1	17.5km
5	3km walk Zone #1	2km w-up Fartlek 6 x 200/200 Zone #3 1.5km c-d	Off	3km walk Zone #1	Off	6km walk Zone #1	4km walk Zone #1	20km
6	3km walk Zone #1	5km walk Zone #1	Off	3km walk Zone #1	Off	1.5km w-up Fartlek 4 x 400/400 Zone #3 1.5km c-d	5km walk Zone #1	22km

*w-up (Warm Up), *c-d (Cool Down)

Phase III

Lasting nine weeks, the third phase includes two harder sessions each week along with two days of longer training. During this phase young athletes should work on their speed and still have fun while getting ready for the big races later in the summer. As noted previously, do not overlook regularly performing technique drills and stretching. Again, note during speedwork or fartlek sessions the first interval should always be the slowest.

#	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
7	3km walk Zone #1	Speedwork 2km w-up 4 x 800m Zone #3 3:00 rest 1.5km c-d	Off	5km walk Zone #1	Off	Rhythm workout 2km w-up 2 x 100, 200, 300 Zone #3 /#4 w/ 100m Easy Walking between 1.5km c-d	6km walk Zone #1	25km
8	3km walk Zone #1	Fartlek 2km w-up 4 x 400m/400m Zone #3 /#4 1.5km c-d Make sure the kids don't start off too fast	Off	4km walk Zone #1	Off	Rhythm workout 2km w-up 2 x 100, 200, 300 Zone #3 /#4 w/ 100m Easy Walking between 1.5km c-d	6km walk Zone #1	25km
9		Speedwork 2km w-up 5 x 400m Zone #3 2:00 rest 2km c-d	3km walk Zone #1	2km easy walk		2km w-up 1-MILE RACE 1.5km c-d	5km walk Zone #1	20km
10	3km walk Zone #1	Team Relay races if you have enough teams. Pick your distance depending on how many kids there are.	Off	5km walk Zone #1	Off	Speedwork 1.5km w-up Fartlek 5 x 400m/400m Zone #3 /#4 1.5km c-d	6km walk Zone #1	30km

#	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
11	4km walk Zone #1	Fartlek 2km w-up 5 x 400/400m Zone #3 /#4 1.5 km c-d	Off	5km walk Zone #1	Off	2km w-up 2km Pro- gression Walk 1.5km c- down EACH lap faster 5 seconds faster per lap	6km walk Zone #1	28km
12	3km walk Zone #1	Fartlek 2km w-up 4 x 800m/400m Zone #3 1.5 km c-d	Off	5km walk Zone #1	Off	Rhythm workout 2km w-up 3 x 100, 200, 300 Zone #3 /#4 w/ 100m Easy Walking between 1.5km c-d	6km walk Zone #1	29km
13	3km walk Zone #1	Fartlek 2km w-up 4 x 400/400m Zone #3 /#4 1.5 km c-d	Off	5km walk Zone #1	Off	Speedwork 2km w-up 1 x 800, 600, 400, 200m Zone #3 /#4 3:00 rest 1.5km c-d	5km walk Zone #1	25km
14	3km walk Zone #1	Speedwork 2km w-up 6 x 200m Zone #4 2 min rest 1.5km c-d	3km walk Zone #1	Off	2km easy walk	Asso- ciation Champs. 1500m	3km easy walk	20km
15	4 km walk Zone #1	Speedwork 2 km w-up 5 x 400m Zone #4 2 min rest 1.5km c-d	Off	5 km walk Zone #1	Off	Rhythm workout 2km w-up 3 x 100, 200, 300 Zone #4 w/ 100m Easy Walking between 1.5km c-d	6km walk Zone #1	26km

Phase IV

The fourth phase spans from week 16 through week 20 and is designed to prepare the athlete to walk his or her best race of the season at the Junior Olympics. “Best race” does not necessarily mean best time, as these championships take place in the hottest part of summer and are often scheduled in midday heat at a sweltering location. Since you can’t control the start time or the weather, the goal of the race shouldn’t be about pursuing a PR. The purpose of this training is to equip the young athlete to maximize effort throughout the race, including the last lap, of the last race of the season. Athletes should be reminded the conditions are the same for everyone on the track.

#	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
16	3km walk Zone #1	Speedwork 1.5 km w-up 5 x 400m Zone #4 2 min rest 1.5km c-d	Off	5km walk Zone #1	Off	Bohdan’s Rhythm workout 1.5km w-up 1 x 100, 200, 300 Zone #4 w/ 100m Easy Walking between 1.5km c-d	3km walk Zone #1	21km
17	2km walk EASY	Regional Jr. Olympic Races	Off	3km walk Zone #1	Off	Speed- work 1.5km w-up 6 x 200m Zone #4 2 min rest 1.5km c-d	6km walk Zone #1	20km
18	3km walk Zone #1	Speedwork 1.5km w-up 1 x 800, 600, 400, 200 Zone #4 2:30 rest 1.5km c-d	Off	4km walk Zone #1	Off	Speed- work 1.5km w-up 6 x 400m Zone #4 2:30 rest 1.5km c-d	5km walk Zone #1	22km

#	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
19	3km walk Zone #1	Speedwork 1.5km w-up 1 x 800, 600, 400, 200 Zone #4 2:30 rest 1.5km c-d	Off	4km walk Zone #1	Off	Speedwork 1.5km w-up 3 x 400m 3 x 200m Zone #4 2:30 rest 1.5km c-d	4km walk Zone #1	21km
20	3km walk Zone #1	Speedwork 1.5km w-up 3 x 400m 1.5km c-d	3km walk Zone #1	Off	2km walk Zone #1	Off	Jr. Olympic Races	16km

A Few Essential Notes for Youth Racewalkers

About starting the race: The training has taught how fast an athlete can go for 1500 or 3000 meters. An athlete must not start faster than the prescribed speed, regardless of how fast the competition begins. It is very common for an excited young athlete to sprint the first 100 meters of a race and fade before the end of the first lap. Don't let this happen. Instead, maintain self-control so there is energy and determination to fight when it counts—on the last lap.

About judges: It is easy for youth racewalkers to view judges as the “bad guys,” but they are there to ensure the competition is fair. If a judge shows an athlete a yellow paddle, they shouldn't slow down and crawl to the finish. Instead, they must refocus on proper technique. A paddle is just a caution, not necessarily a vote to disqualify an athlete. It takes three different judges to propose a disqualification for an athlete to be removed from the race.

About finishing the race: The last 100 meters call for special care. Many youths go all out at the end, especially if trying to edge out a competitor. When pushing hard it is easy to forget about proper form. So many times kids walk a perfect race and then get disqualified for running the last few meters. Athletes should be able to celebrate after the race! Don't use that extra gear the last 20 meters; start your kick earlier.

ANSWERS TO THE QUIZ

Page 42

Sarah is in double-support phase with her left foot heel strike and powerful right foot toe off. Arm swing is fully engaged with relaxed shoulders. Her left arm is behind the buttocks and both arms are bent at roughly 90 degrees. Note that her body is vertical and she seems very relaxed while walking very fast. Also note her very long stride made possible by excellent hip rotation.

Page 43

Sarah shows excellent hip rotation as her left arm swings way back on a low shoulder with a right angle bend (90 degrees) at the elbow. Her left foot is parallel to and close to the ground getting ready to make a heel strike while entering into the double support phase.

Page 44

Sarah is very close to double-support phase with her right foot about to heel strike and with a powerful left foot toe off. Arm swing is fully engaged on relaxed shoulders with right arm behind buttocks and both arms bent at roughly 90 degrees. Note that her body is vertical and she seems very relaxed while walking very fast. Also note her very long stride made possible by excellent hip rotation.

Page 45

Sarah is approaching double-support phase with her right foot low and parallel to the ground. Her right hip is rotated forward while her right hand is visible behind her back and both arms are bent at 90 degrees at the elbow. Her left foot is starting to rise on the toe as her right hip propels the right leg forward. Her body is erect and her shoulders are low and comfortable.

Page 46

Sarah is in double-support phase at left foot heel strike showing a powerful right foot toe off and fully engaged arm swing on relaxed shoulders. Note her erect body and very long stride made possible by her excellent hip rotation.

Page 47

Sarah is in right foot single-support phase with her left foot about to pass by, toe down, close to the ground. Her arms are relaxed with a 90 degree bend at the elbow. Her shoulders are relaxed and her body is erect.

Page 48

Sarah is in left foot single-support phase with vertical (erect) body, relaxed arms with 90 degree bend at elbow. Note straightened (hyper-extended) left leg with right foot, toe down, seen partially hidden by the left supporting foot.

THE CONTRIBUTORS

Dr. Tom Eastler learned to racewalk when he was 23 years old in grade 17 (graduate school). For over 30 years Tom Eastler has coached walkers from the 3rd grade to those way past retirement age. His daughter Gretchen started racewalking in the 5th grade and competed many years later in the Olympic trials for the Sydney, Australia Olympics. His son Kevin started racewalking in the 3rd grade and after 22 years of racewalking represented the USA as a racewalker in three Olympic trials and two Olympics (Athens and Beijing). Third graders who learn to racewalk will earn a lifetime health benefit from that activity, and some of those young athletes may eventually make it to the Olympics. Tom is a professor of Geology at the University of Maine at Farmington (UMF) where he also coaches racewalkers of all ages; his email is: eastler@maine.edu

A.C. Jaime is project director for this book. He is using it to stimulate interest in elementary school teachers and students throughout south Texas to participate in racewalking. The USA Track and Field National Race Walk Committee awarded him the 2005 Mike Riban Outstanding Contributor Award for his inspiration and development of many of the talented young walkers in the country. Mr. Jaime was furthermore selected to serve as the 2006 USA Track and Field Junior National Head Coach for the boys and girls team. Mr. Jaime's greatest satisfaction in life has been working with the youth of the Rio Grande Valley through the South Texas Walking Club (STWC). He founded the STWC in 1995 and it was incorporated as a Section 501(c) (3) Non-Profit Organization in July 2000.

Vern Mauk is a retired high school and college art instructor. Vern maintains a gallery of his paintings and teaches drawing and painting in his Massena, NY, home. Mr. Mauk is also a racewalker in the over 75 age group. He may be reached at vmauk@twcny.rr.com.

Tim Seaman is America's most dominant active racewalker. A two-time Olympian and a 43-time National Champion, he's not finished yet. Recording the fastest American time in an Olympic Games, Seaman is also a 12-time U.S. record holder. Giving back to race

-walking is equally important to Seaman. He has dedicated his time to helping the next generation of racewalkers. Seaman's work with the South Texas Walking Club and other elite racewalkers has produced many budding superstars. He has co-authored four racewalking books with Jeff Salvage.

Jeff Salvage is a former international competitor, an award winning educator and nationally recognized coach who combines his instructional expertise with his passion for racewalking. Salvage works tirelessly promoting racewalking as a writer, photographer, and web master. He is the founder of *www.racewalk.com*, creator of the *Race Walk Like a Champion* book and DVD set, and the "go to" photographer for America's best racewalkers. He has co-authored four racewalking books with Tim Seaman. His contributions to the sport were recognized in 2009 when he received the Mike Riban Outstanding Contribution award.

Diane Graham-Henry began racewalking in 1987, when she started competing on the masters level. She quickly became involved at many levels. Diane was elected racewalk Chair for the USATF Illinois Association in 1989 while coaching youth, junior, collegiate, and masters athletes. She received the USATF Outstanding Association award in 1990 for the organization and development of the MidAmerica Racewalk Circuit which contested over 30 races annually in five Midwest states for over ten years. Diane hosted the USATF National 15k Championships for seven years. Diane served on two Pan America Cup staffs as Junior Coach; Brazil in 2007 and El Salvador in 2009. She received the USATF Mike Riban Outstanding Contributor Award in 2008 for hosting the National Junior and Talent ID Camp that summer in Chicago. Diane assisted Tim Seaman, Jeff Salvage and Tom Eastler on their various publications as a photographer, writer, and editor.



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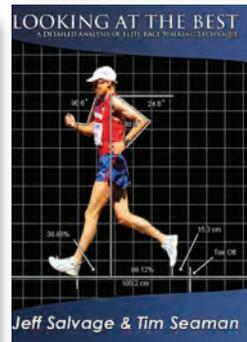
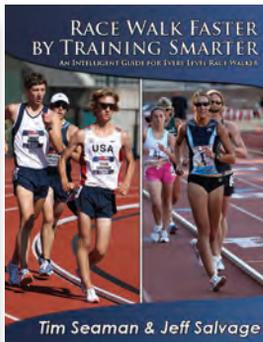
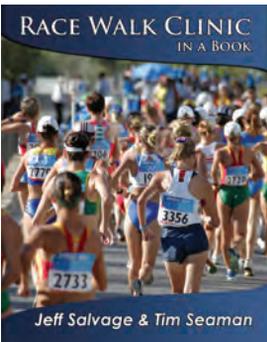
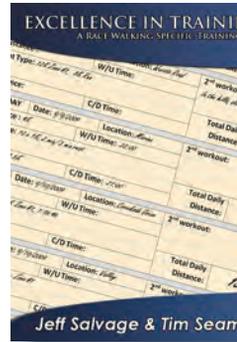
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Racewalking Resources

Jeff Salvage's Ultimate Racewalk site

<http://www.racewalk.com>

as well as his comprehensive set of racewalking books co-authored with two-time Olympian, 43-time National Champion Tim Seaman. The series of four books covers everything from technique, training, evaluations of elite technique, and even a year-long race walking specific training log.



North American Racewalk Foundation

<http://www.narionline.org>

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